

# Mental Health and Behavioural Wellness (MHBW) Program

## CHILD/YOUTH



The VK  
Wellness  
Initiative

### 1 ORIENTATION AND INTAKE



1-2 hour introduction with your child/youth and initial intake assessment.

### 2 FAMILY WELLNESS PLANNING



#### PART 1 ASSESSMENT AND DISCOVERY

Explores your current circumstances as it relates to the MHBW of your child/youth.

- Current individual experience
- Desired changes
- Barriers to change
- Strengths & Resources
- Motivation for change

### 3 MHBW ANALYSIS



Background/history Form or Interview and VK MHBW Quadrant Analysis.

- **PHYSIOLOGICAL SAFETY**  
Is your child/youth experiencing autonomic nervous system states that are impacting their MHBW?
- **DEVELOPMENT**  
Are there any developmental differences that are impacting your child/youth's MHBW?
- **STRESSORS**  
What internal and external stressors are impacting your child's MHBW?
- **CURRENT WELLNESS**



### 4 FAMILY WELLNESS PLANNING



#### PART 2 PLANNING

Create a meaningful, appropriate plan informed by Part 1 and including the MHBW Analysis.

- Behavioural change
- Environmental Change
- Learn something new
- Ask for help

Accountability Strategy

### 5 1:1 MHBW THERAPY



Your family wellness plan and analysis recommendations will inform what this support looks like. The focus is moving towards your desired change and may involve the following:

MINDFULNESS

EMOTIONAL REGULATION

SOCIAL SKILLS

BEHAVIOURAL SUPPORT

COGNITIVE BEHAVIOURAL THERAPY

COMMUNITY-BASED SUPPORT

SELF-CONFIDENCE/ SELF-EFFICACY

GROWTH MINDSET

### 6 OTHER AVAILABLE SUPPORTS



You may decide that other supports are more appropriate for your child or family. We offer a variety of clinical supports for additional costs including:

CLINICAL COUNSELLING

MARRIAGE AND FAMILY THERAPY

HYPNOTHERAPY

OCCUPATIONAL THERAPY

MASSAGE THERAPY

KINESIOLOGY

NUTRITIONAL COUNSELLING

CLINICAL HERBAL THERAPY

MEDIATION GROUP THERAPY

OTHER GROUP PROGRAMMING

YOGA/FITNESS CLASSES

INTEGRATED SLEEP COUNSELLING

## ESTIMATED PROGRAM FEES\*

Orientation and Intake	\$300 (2hrs)
Family Wellness Plan Part 1 & 2	\$525 (4.5hrs)
VK MHBW Analysis (Includes 1-2 Standardized Tools, Clinical Analysis, and Report)	\$750 (2hrs In-person & Report)
Additional Assessments	Cost Varies (Estimate provided after intake)
MHBW Analysis Team Meeting	\$150 (1hr)
Wellness Plan Follow-up Meetings	\$150 (1hr)
1:1 MHBW Therapy	\$85/hr

\*Total program costs depend on the assessment specifics, and frequency of MHBW Therapy. Pricing (+GST) will be supplied at consultation.

The MHBW child/youth program offers your family a way of creating positive wellness changes for your children or teens facing mental health and behavioural challenges. The program includes multiple supports that build on each other leading to our unique behaviour therapy. Assessments can be accessed as a standalone service without the other program components.

**If you're interested in creating change and becoming a better, happier, more fulfilled you, contact us today!**

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